

Live Like Your Life Depends On It.



“I want to pass down
my recipes.
Not my diabetes.”

WWW.LIFEDEPENDSONIT.COM



I learned the hard way
what can happen when you
eat the wrong foods. So now

I cook my grandma's recipes
with healthier ingredients.

It's an easy change that keeps my
diabetes under control, and it helps
reduce my whole family's risk for problems like
diabetes and heart disease.

*Include plenty of fruits and vegetables, whole
grains and low fat dairy products in your recipe
for good health.*

Visit www.lifedependsonit.com for more information.

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